

ABSTRACT OF THE DISCLOSURE

A hook and loop disposable undergarment for use by toilet training toddlers and incontinent adults. The hook and loop disposable undergarment has a generally rectangular flap portion, a belt portion and elastic supports. The generally rectangular flap portion can be folded back and releasably secured from the back of the belt portion, allowing the user to sit on a toilet and go to the bathroom without taking the hook and loop disposable undergarment off or pulling it down.